

Amkeny 2026 Medical Mission Trip to Kenya - Pre-Departure Preparation Checklist

1. **Passport Validity** - Must be valid for at least **six months** beyond date of departure from Kenya and have at least **two blank pages** for entry/exit stamps.
 - Passport renewal can take up to **8 weeks**. Renew it **ASAP** if needed!
 - Visit U.S. Department of State: travel.state.gov and Search "Passports" for directions
2. **Kenya Entry Authorization (eTA)** - U.S. citizens must obtain an Electronic Travel Authorization (eTA) before travel. It costs about \$35. **Apply online** on the official Kenya government website (etakenya.go.ke). A single-entry eTA is valid for 90 days, sufficient for the medical mission trip. Application **30 days in advance** to allow for unforeseen delays.
3. **Routine Vaccinations** - Ensure you are up to date on all routine vaccinations like MMR, DTaP, Polio, Hep B, Meningococcal, Flu, COVID-19. Consult your primary care physician **ASAP** to arrange/confirm your needs.
4. **Recommended Travel Vaccinations** - Consult a travel medicine specialist/clinic to determine your specific needs
 - **Hepatitis A** - Series can take **6 months** to complete; start **ASAP**. If time is limited, an accelerated schedule may be available.
 - **Yellow Fever** - An International Certificate of Vaccination or Prophylaxis (ICVP/Yellow Card) may be required. Get vaccine at least **10 days** before your trip.
 - **Typhoid** - Transmitted through contaminated food or water. Injection: **At least 2 weeks** before departure. Oral: Series must be **completed at least 1 week** before departure.
5. **Malaria Prevention** - Malaria risk is moderate to high in most of Kenya outside of Nairobi and some highland areas.
 - Medication regimen starts **1 day to 2 weeks** before travel (depending on the drug), continues during the trip, and for **7 days to 4 weeks** after leaving Kenya.

Check the CDC website for additional information on health & Kenya: wwwnc.cdc.gov/travel/destinations/traveler/none/Kenya

6. **Medical Insurance** - Consult your health insurance provider to confirm coverage during international travel.
 - If they don't, we highly recommend that you purchase travel health insurance
 - Visit this site to [Compare travel health insurance companies](#) and buy at least **60 days** before departure.
7. **Emergency Funds** - Carry no more than \$300 in cash for emergency use. Most places accept debit/credit cards for payment. You can also withdraw cash from ATMs all over Kenya.
 - Notify your banks/credit card companies of your travel dates to prevent card suspension.
8. **Travel Registration** - Enroll in the U.S. Department of State's **Smart Traveler Enrollment Program (STEP)** (step.state.gov/step) **30 days** before departure
9. **Phone Service Options** If you will need to use your phone while on the trip
 - Check if your US carrier has an international roaming package and add it to your plan
 - For eSIM compatible phones, you can purchase a global eSIM (e.g. [GigSky](#) or [Jetpac](#))
 - If your phone is unlocked, you may purchase a prepaid SIM card from a local Kenyan provider like [Safaricom](#).

Please note:

1. All volunteers must consult their **healthcare provider** and a **travel medicine specialist** for health advice specific to their medical history.
2. Further relevant travel planning information will be communicated closer to the travel date (e.g. *detailed itinerary, packing recommendation, currency exchange, staying in touch with family etc.*)